

Sautéed Zucchini



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



65 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon marjoram fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 6 servings salt and pepper
- ☐ 2 tablespoons olive oil
- ☐ 4 medium zucchini thinly sliced

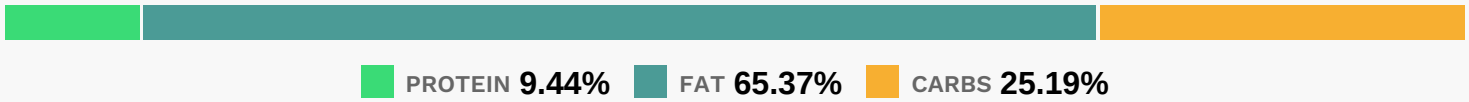
Equipment

- ☐ frying pan

Directions

- ☐ Heat half the oil in a large skillet over medium-high heat.
- ☐ Add half the zucchini and cook, stirring only occasionally, until golden brown, 10 to 12 minutes.
- ☐ Transfer the cooked zucchini to a plate. Repeat with the remaining oil and zucchini. Return the first batch to the skillet. Stir in the garlic, marjoram, 1/2 teaspoon salt, and 1/4 teaspoon pepper and cook, stirring, for 2 minutes.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.51, Inflammation Score:-4, Nutrition Score:6.1547825880673%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 65.08kcal (3.25%), Fat: 5.09g (7.83%), Saturated Fat: 0.76g (4.72%), Carbohydrates: 4.42g (1.47%), Net Carbohydrates: 3.08g (1.12%), Sugar: 3.28g (3.64%), Cholesterol: 0mg (0%), Sodium: 204.69mg (8.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.31%), Vitamin C: 24.14mg (29.27%), Vitamin K: 13.91µg (13.25%), Manganese: 0.25mg (12.45%), Vitamin B6: 0.23mg (11.28%), Potassium: 346.98mg (9.91%), Folate: 31.9µg (7.97%), Vitamin B2: 0.12mg (7.31%), Magnesium: 23.94mg (5.99%), Vitamin A: 289.5IU (5.79%), Vitamin E: 0.83mg (5.55%), Fiber: 1.34g (5.35%), Phosphorus: 51.38mg (5.14%), Vitamin B1: 0.06mg (4.07%), Copper: 0.07mg (3.64%), Iron: 0.55mg (3.05%), Vitamin B3: 0.6mg (3%), Zinc: 0.43mg (2.89%), Vitamin B5: 0.27mg (2.74%), Calcium: 23.34mg (2.33%)